

For Child Care Providers

As a participant, child care providers are asked to meet specified requirements in order to make healthy behavior changes. Many benefits are available to providers, including:

- ◆ Identify and meet **one** nutrition and **one** physical activity policy and environment change.
- ◆ Complete an action plan to strive towards nutrition and physical activity change.
- ◆ Acquire annual training requirements (8—10 hours).
- ◆ Training and on-going technical assistance from FFS Consultants throughout the implementation process.
- ◆ Opportunity to qualify for a Healthy Child Care Facility award.
- ◆ Access to resources and materials including physical activity.

Partners

- Department of Social Services
- Early Childhood Enrichment Centers
- SDSU Cooperative Extension
- Department of Education— Child & Adult Food Program Sponsors
- Sanford Children's Hospital— Growing Healthy

Interested in Participating?

Contact your local Early Childhood Enrichment Center or Cooperative Extension Office.



For More Information:

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Fit from the Start Initiative

*Improving the Lives
of our
Future Generation*



Fit from the Start Initiative

The South Dakota Department of Health Nutrition and Physical Activity program has developed the Fit from the Start (FFS) Initiative to improve nutrition and physical activity practice, policy and environment in child care facilities throughout South Dakota. It is a piloted and evaluated child care intervention which is available for free to participating child care providers.

The initiative aims to reduce childhood obesity and children's risk for developing obesity by encouraging a healthy child care environment through targeting child care providers.

The initiative is designed to provide low-cost, no cost strategies and resources to child care providers to promote physical activity and healthy eating in children 2-5 years of age in their care.

The Fit from the Start Initiative also seeks to educate child care providers about the importance of healthy living to support positive role modeling and their individual wellness.



FFS Initiative Components

The initiative aims to train child care providers to improve the children's access to vegetables, provide increased opportunities for physical activity and reduce access to TV viewing. The components are **free** for participating child care providers and include:

- Fit from the Start training program
- Growing Healthy program
- South Dakota Physical Activities and Healthy Snacks for Young Children resource cards
- Healthy South Dakota incentives
- Access to resources and equipment to support nutrition and physical activity
- On-going technical assistance

Fit from the Start Training

The FFS training is an assessment training adapted from the Nutrition And Physical Activity Self Assessment for Child Care (NAP SACC) program. The training provides strategies and resources for child care providers to self-assess their child care facility's nutrition and physical activity practice, policy and environment. Training components include four workshops:

1. Preventing Childhood Obesity
2. Healthy Eating
3. Physical Activity
4. Nutrition & Physical Activity to Fit Busy Lifestyle



Growing Healthy for Childcare Providers

Growing Healthy for Childcare Providers is a series of classes developed by Sanford Children's Hospital that offers participants insight and materials to assist in combating the pediatric obesity issue facing our children.

Classes include:

- Healthy Kids = Healthy Adults
- Learning and Movement Go Together
- Turn Off the Screen
- Healthy Food Choices Matter

Participants Receive:

- Games and Activities for children
 - Classroom Posters
 - Parent Messages
 - Home Connection Activities
 - Home Connection Posters
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